



# My Healthy News

MHLA Participants' Newsletter

## New Drug and Alcohol Treatment Services for MHLA Participants!

It is tough to admit that you might have an alcohol and/or drug problem. My Health LA (MHLA) wants to make it easier to get treatment services that can help you.

Alcohol and drug treatment services will be available to all enrolled MHLA participants on July 1, 2016. These services are free of charge for MHLA participants.

MHLA is now working with the Los Angeles County, Department of Public Health (DPH) Substance Abuse Prevention and Control Division (SAPC) to bring you these services.

How can you tell if you might have a problem? Ask yourself the following four questions:

- ◆ In the last 3 months, have you felt you should cut down or stop drinking or using drugs?
- ◆ Has anyone annoyed you or gotten on your nerves by telling you to cut down or stop drinking or using drugs?
- ◆ Have you felt guilty or bad about how much you drink or use drugs?
- ◆ Have you been waking up and wanting to drink alcohol or use drugs?

If you answered yes to at least 2 of these questions, you may want to consider getting into treatment.



MHLA can help you!

### What alcohol and drug treatment services are available?

**Early Intervention:** this includes screening, immediate help, and treatment at your Medical Home Clinic.

**Outpatient & Residential Detoxification Services:** to help get rid of alcohol or drug toxins in your body.

**Residential:** this is where you stay overnight.

**Outpatient:** treatment for 6 to 9 hours per week.

**Intensive Outpatient:** treatment for 6 to 19 hours per week.

### How can you get into alcohol and drug treatment?

There are two ways you can access treatment services:

First, you can call the LA County DPH line at **1-888-742-7900**. You will be transferred to a Community Assessment Services Center closest to where you live.

The second way you can get into treatment is to get a referral from your doctor at your MHLA Community Partner Medical Home Clinic.

### What do you do next?

You can find more information at LA County DPH SAPC's website: <http://publichealth.lacounty.gov/sapc/findtreatment.htm>.

Don't hesitate to call the LA County DPH line at **1-888-742-7900**. Please let us know if we can help. Thanks!



## Coming soon! Newly Expanded MHLA Pharmacy Services

Soon you may be able to get your medicines right in your own neighborhood! As a MHLA program participant, you may be able to go to a local pharmacy to get your medicine—as long as the pharmacy is part of the MHLA network.

MHLA is putting together a new pharmacy program. We have talked about this in past newsletters. Now, we are closer to making

these new services available for all MHLA program participants. We want to make it easier for you to get the medicines you need.

MHLA is working with a company called **Ventegra**. This is a local company that works with hundreds of local pharmacies throughout Los Angeles County.

### What does this mean for you?

#### Definitions:

**Pharmacy:** a place to get prescribed medicines from a licensed pharmacist.

**Dispensary:** a place in your Medical Home Clinic to get your prescribed medicines.

Later this year, you may be able to go to more local pharmacies to get your medicines and refills.

(Continued below)



#### My Health LA

Department of Health Services-Managed Care Services  
1100 Corporate Center Drive, Suite 100  
Monterey Park, California 91754

## MHLA Pharmacy Services

Many of these pharmacies have evening and weekend hours. This should help you get your medicines when it is convenient for you.

If you pick up your medicine at your medical home clinic today, and don't want to change, that is okay. We are just letting you know that soon you may have more choices. And remember, your prescribed medicines are always free in MHLA.



MHLA is working hard to make these new pharmacy services available for **all** MHLA program participants. We will let you know when they are ready. Our goal is to go live by this fall.

The MHLA Program Office will be sending out new ID cards to all MHLA program participants. These new cards will have new pharmacy information on them.

When you get your new card, keep it with you. Always show your card to the pharmacy when you pick up your medicines.

Please contact your Medical Home Clinic if you have any questions.

Have a great summer!

